NAME: Chloe Beard GRADE: 5/6A

**FITNESS**

### Term One Date: ­­­­­­­­

Term Four Date:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task** | **Term 1 Estimate** | **Term 1 Answer** | **Term 4**  **Estimate** | **Term 4**  **Answer** |
| **Height** | 143cms | 150cms | cms | cms |
| **Weight (optional)** | 50kgs | kgs | kgs | kgs |
| **Vertical**  **Jump** | 21cms | 27cms | cms | cms |
| **Standing Long Jump** | 90cms | 146cms | cms | cms |
| **Sit Reach test (flexibility)** | 0cms | cms | cms | cms |
| **Beep Test** | (Level) | (Level) | (Level) | (Level) |
| **50m Sprint** | 13secs… | secs… | secs… | secs… |
| **Laps of the gym – 80m (4mins)** | 8 |  |  |  |
| In one minute I can do… | | | | |
| **Star**  **Jumps** | 59 | 72 |  |  |
| **Burpies** | 12 | 16 |  |  |
| **Lunges** | 16 | 21 |  |  |
| **Skips of**  **the rope** | 94 | 63 |  |  |
| **Push-ups**  **(on knees or full)** | 6 | 1 |  |  |

#### Term 2: I think I can improve upon my: Laps of the gym because I like running but I would like to go longer.

I will do this by: practising around the streets.

Term : Did I improve upon my selected goals? Why/Why not?